



workplace wellness

workplace wellness

www.witnessthefitness.net
witness-the-fitness@outlook.com



workplace wellness

Why Does Corporate Wellness Matter?

Improving and maintaining the wellbeing of staff is a win-win for employees and employers. Research shows that workplace absence is costing the UK economy an enormous £18billion in lost productivity each year. This costs UK business £554 per employee per year due to staff absence.

Musculoskeletal problems such as back and neck pain and mental health issues such as depression and anxiety are estimated to result in 46.6 million days being lost in the UK per year according to office of national statistics.

Improving staff wellness helps keep employees, happy, healthy and productive, which in turn can save UK business money and time.

Corporate Wellness Can:

- Attract and retain the best talent
- Ensure staff feel happy and valued
- Build a healthy and productive company
- Empower staff to make informed wellbeing choices
- A positive approach to reduce absence
- Don't wait until absence to offer a helping hand

www.witnessthefitness.net

witness-the-fitness@outlook.com



workplace wellness

Health Assessments

Health Assessments are a simple and quick way to assess staff health. The assessments Witness The Fitness offer, are used to help understand which employees are at greater risk of developing health issues and therefore may require a further support, help and advice to positively impact their wellbeing.

For example the hip to waist ratio assessment scores can be used to understand who is at greater risk of developing health issues such as obesity, diabetes and CHD as they age.

Early intervention and empowering the individuals to make better lifestyle choices can counteract this.

Full Health Assessments Include:

Blood Pressure

Hip To Waist Ratio

Body Fat Analysis

Posture and Range of Movement Analysis

www.witnessthefitness.net

witness-the-fitness@outlook.com



workplace wellness

Group Training

Group Personal Training designed to target the employees that need extra support, help and training to improve their posture, waistline and mental wellness.

Each training group would have a collective goal and training programme. For example, employees suffering with postural issues due to sitting for prolonged periods of time, would be trained together to improve on these postural issues that maybe causing pain and discomfort.

Group Training Includes:

Personalised groups for 4-6 individuals

Personalised programming aimed at improving health and well being of those identified as being 'at risk' within their health assessment results.

www.witnessthefitness.net

witness-the-fitness@outlook.com



workplace wellness

Educational Workshops & Seminars

Educational Workshops and seminars designed to target issues within health and well being within your organisation and business.

Empowering staff to make better decisions on their well being within the workplace.

Workshops and seminars can be delivered to small teams or groups as well as larger conferences

Workshops & Seminars Include:

Desk Job Discomfort

Nutrition and Weight Management

Fad Diets Disasters

Snacking Success

For a full list of workshops and seminars please contact Witness The Fitness.

www.witnessthefitness.net
witness-the-fitness@outlook.com



workplace wellness

Bespoke and Unique Business Packages

We will sit down with you, listen to what your company and employees are looking at achieve, offer advice and information on what services and packages will meet your needs.

After the initial conversation with your company we will put together three package proposals that will break down services, timings and prices in a clear and concise manner.

Bespoke and Unique Packages:

Weekly, monthly, quarterly or one off visits
Themed months 'Health Assessment months'
Packages designed for set numbers of employees or packages based around drop ins.

www.witnessthefitness.net
witness-the-fitness@outlook.com



workplace wellness

Get In Touch

To get a unique and bespoke workplace wellness package designed for you, your organisation and your employees. Simply contact Witness The Fitness so we can discuss what you're looking for and how we can help and support your staff.

After an initial conversation we can build you a unique package based around the needs of your organisation and employees along with a quote for the services

Contact Witness The Fitness:

www.witnessthefitness.net

witness-the-fitness@outlook.com

www.witnessthefitness.net
witness-the-fitness@outlook.com